

## CLAIMS:

1. A golf swing and hip rotation connector, comprising
  - a) a circumferentially adjustable chest belt (1) which is attached over the chest of a golf player, which belt on its part comprises a length-adjustable double belt strap which in combination with the chest belt (1) rigidly surrounds the leading arm of the golf player and holds said arm back, with the double belt strap on its part consisting in the part surrounding the leading arm of a rubber belt strap (2) and (3) and the chest belt (1) further comprising a length-adjustable belt strap (4) which is fixed on its part to the chest belt (1) and rests over the shoulder of the leading arm of the golf player to whose end there is attached a belt strap (5) and to its other end a belt strap (6) with an angle each of between  $45^{\circ}$  and  $75^{\circ}$  to the chest belt (1) and on whose ends there is attached one closure apparatus (7) and (8) each, with the end of the belt strap (4) and the joining place of the belt strap (5) with the closure apparatus (8) being situated on the back when worn and the joining place of the belt strap (6) with the closure apparatus (7) being attached directly adjacent to the rubber belt strap (2) and (3), with the closure apparatus (8) being connected via
    - b) an intermediate band (9) with
      - c) the belt strap (11) of the loop (10) and the closure apparatus (7) directly connected with the belt strap (12) of the loop (10), with the belt strap (11) representing on its part a length-adjustable belt strap and the belt strap (12) a length-adjustable belt strap, and with the two belt straps (11) and (12) standing at an angle of  $75^{\circ}$  to  $110^{\circ}$  with respect to each other.
2. A golf swing and hip rotation connector as claimed in claim 1, characterized in that the chest belt (1) is not elastic.
3. A golf swing and hip rotation connector as claimed in claim 2, characterized in that the chest belt (1) has a width of 50 mm and a thickness of 1.2 mm.

4. A golf swing and hip rotation connector as claimed in claims 1 to 3, characterized in that the outer rubber belt strap (2) and the inner rubber belt strap (3) are elastic.
5. A golf swing and hip rotation connector as claimed in claim 4, characterized in that the outer rubber belt strap (2) and the inner rubber belt strap (3) each have a width of 100 mm, a thickness of 1 mm and a length of 350 mm.
6. A golf swing and hip rotation connector as claimed in claims 1 to 5, characterized in that the belt strap (4) is not elastic.
7. A golf swing and hip rotation connector as claimed in claim 6, characterized in that the belt strap (4) has a length of 450 mm, a width of 25 mm and a thickness of 1 mm.
8. A golf swing and hip rotation connector as claimed in claim 1, characterized in that the intermediate band (9) is not elastic, has a width of 25 mm and a length of 200 mm.
9. A golf swing and hip rotation connector as claimed in claims 1 to 8, characterized in that the loop (10) is not elastic, has a width of 50 mm, a thickness of 1.2 mm and a circumference of 600 mm.
10. A golf swing and hip rotation connector as claimed in claims 1 to 9, characterized in that the angles of the belt strap (5) to the chest belt (1) and the belt strap (6) to the chest belt (1) are independent of each other.
11. A golf swing and hip rotation connector as claimed in claims 1 to 9, characterized in that the angles of the belt strap (5) to the chest belt (1) and the belt strap (6) to the chest belt (1) are dependent on each other.
12. A golf swing and hip rotation connector as claimed in claim 11, characterized in that the angle of the belt strap (5) to the chest belt (1) and the belt strap (6) to the chest belt (1) is 60° each.

13. A golf swing and hip rotation connector as claimed in claims 1 to 12, characterized in that the two belt straps (11) and (12) are at an angle of 90° with respect to each other.
14. A golf swing and hip rotation connector as claimed in claims 1 to 13, characterized in that a closure is attached between the two rubber belt straps (2) and (3) in order to fasten a leading arm rail with a joint thereto.
15. A golf swing and hip rotation connector as claimed in claims 1 to 14, characterized in that the loop (10) is interrupted by and provided with a snap buckle.
16. A golf swing and hip rotation connector, consisting of
- a) a circumferentially adjustable non-elastic chest belt (1) with a width of 50 mm and a thickness of 1.2 mm which, when worn, is attached over the chest of a golf player, which belt comprises on its part a length-adjustable double belt strap which in combination with the chest belt (1) rigidly surrounds the leading arm of the golf player and holds said arm back, with the double belt strap on its part consisting in the part surrounding the leading arm of an outside elastic rubber belt strap (2) and an inner elastic belt strap (3), which each have on their part a width of 100 mm, thickness of 1 mm and a length of 350 mm, and the chest belt (1) further comprising a length-adjustable non-elastic belt strap (4) which has a length of 450 mm, a width of 25 mm and a thickness of 1 mm and which on its part is fixed to the chest belt (1) and, when worn, rests over the shoulder of the leading arm of the golf player to whose one end there is attached a belt strap (5) of 30 mm length and to whose other end a belt strap (6) with a length of 30 mm, with each being fastened to the chest belt (1) at an angle each of approximately 60°, and on whose end there is attached one snap buckle (7) and (8) each, with the end of the belt strap (4) and the joining place of the belt strap (5) with the snap buckle (8) being situated on the back when worn and the joining place of the belt strap (6) with the snap buckle (7) being situated directly adjacent to the rubber belt strap (2) and (3) when worn, with the snap buckle (8) being connected via

b) an intermediate band (9) with

c) the belt strap (11) of the loop (10) and the snap buckle (7) directly connect with the belt strap (12) on the loop (10), with the belt strap (11) representing on its part a length-adjustable belt strap of 250 mm length, 25 mm width and 1.2 mm thickness, and the belt strap (12) representing a length-adjustable belt strap of 550 mm length, 25 mm width and 1.2 mm thickness, and with the two belt straps (11) and (12) being fastened to the loop (10) at an angle of 90° with respect to each other.

17. The use of the golf swing and hip rotation connector according to the claims 1 to 16 as a training device for learning to play golf.